Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



U. S. DEPARTMENT

Friday, November 19, 1943

serve ;

A OME_WAY TICKET FOR FOOD. Information from food distribution officials of U. S. Department of Agriculture.

During wartime we frown on non-essential travel, but there's one offender in practically every home who's doing a lot of unnecessary traveling around.

That offender is food. Of course food must travel from the farms and gardens and orchards to the fighting fronts, and to the stores in each home community. But after it gets into our homes, all too often food makes a round trip from the kitchen to the table—and right back to the kitchen again. And the end of that unpatriotic journey is the garbage pail.

If you shopped for a fiamily of four last year, you bought, on the average, sixteen pounds of food a day--and threw away two and a half pounds. In other words, over a week's time you threw away enough food to feed your family an extra day.

American farmers and gardeners are planning to work extra hard next year. in order to top this year's record food crop by five percent. But our home-makers could probably add as much to the nation's food supply, simply by using up every bit of edible food that comes into their kitchens.

Of the food we waste at home, about one-fourth is green vegetables...over one-fourth is other vegetables...over one-fourth is fruit...and about one-seventh is baked goods.

Why does all this food get thrown away? Sometimes, because of wastefulness in preparing the fruit and vegetables for cooking...sometimes it's
failure to use fresh foods before they spoil...sometimes it's because of ignorance that the parts thrown away are actually edible. But all too large a
part comes right from the table--from food left on the plates...and from left-

ENTOTION ESTIMATES est mest one And the state of the second abbasico allo etane e de la certo Commence for ferring the con-145 4 M V the state of the said out of the first A September 1981 State of September 1981 er er Sus "Hinder"; the first the second cost Adm . eco.or (1) 10 (1) 14 (1 10 mg - 1 10 00 10 and last to tom yet oo de

index of the west in the section

overs that were forgotten and left in the refrigerator too long.

Your family may leave food on their plates because it doesn't look good...
or because servings were too large. Perhaps they're tired of a certain dish.
And often food is left because it just wasn't cooked or prepared right. Hot
food may come to the table cold. Vegetables may be overcooked and mushy.
Sometimes the biscuits don't rise. It's no wonder that kind of food makes the
trip away from the table.

One woman made a little investigation in her own community to find out why certain foods got the cold shoulder in some homes. One of the foods she asked about was spinach. Of almost three hundred men she questioned, three-fourths said they didn't like spinach--because, according to them, it was gritty, or stringy, or strong-testing. Of course spinach isn't any of those things, when it's prepared right. So it was no credit to most of the homemakers of that community that their husbands found spinach a disagreeable food.

When you prepare food in a haphazard manner, you're giving it a ticket to the garbage pail. On the other hand, food that looks attractive, and tastes good, isn't likely to do any non-essential traveling away from the table.

Vegetables and fruits should be cooked as short a time as possible, and barely covered with water. Overcooking, and too much water, make them mushy and unattractive, besides destroying food value. Cook green vegetables uncovered to keep the color. White vegetables, such as potatoes, turnips, cabbage, and onions, turn gray when you overcook them, or when they have to wait around after being cooked.

Eggs, cheese, and meat—the protein foods—need slow cooking at low temperatures to keep them tender. High temperatures make them tough.

Sometimes just a taste of scorched food will be enough to make your family dislike that food for a long time. Milk, especially, needs care to prevent scorching. A double boiler for hot milk drinks, cream sauce, and other milk

And the second of the second o Participation of the state of t Participation of the second of A CONTROL OF THE PROPERTY OF A STATE OF THE A CONTROL OF THE WAR STORY OF STATE OF

the first of the control of the state of the and the second of the second o successor, but the majority open species of the first of s of the same and grown as a full bound of the constant of selections and the constant of the The state of the state of the first of the state of the s A CONTROL OF THE SECOND Control of the second of the s

and the state of the property of the property

Carried and the second partial and the second second and the second second second second second second second and the second of the companies are explained to the participation of the second of the second of the second of

the state of the Article and the state of th to the trade of the contract of the second o Commence of the second second

the entropy of the state of the supplied of the state of

⁴ Comments

en grande de la companya de la comp The Control of the Control of the State of the Control of the Cont

dishes, will help avoid scorching.

Seasonings are intended to bring out the natural flavor of food, so use them with a sparing hand. Don't ruin foods by over-seasoning them.

It may be fun at times to work a few variations in a recipe, but there's always a chance of spoiling good materials. Use tested recipes, and follow them exactly. Keep in mind that they are scientifically worked out to give you the best results from your materials. And they help you avoid waste by controlling the number of servings.

But even the most reliable recipe isn't proof against the cook who uses a pinch of this and a handful of that, and measures with a coffeecup and a dessert spoon. Standard measuring cups and spoons are inexpensive, and repay their own cost many times over in cooking results. Of course measurements in standard recipes are level. "Scant" teaspoons and "heaped" cups will never give you the same results twice in succession.

Food ruined by poor preparation represents a total loss: loss of your own time and materials...loss of manhours of the grower...loss of soil fertility, machinery, and farm materials...loss of transportation facilities...loss of manhours for the people who sold the food.

So-every homemaker has a part to play in making food fight for freedom.

No doubt you have heard the food slogan that is being emphasized this month:

"Produce and Conserve---Share and Play Square." Some of us cannot produce food.

But each of us can certainly help to conserve it---and play square with it.

If you want some ideas on making full use of every bit of food that comes into your home, perhaps you'd like a copy of the leaflet called "Fight Food Waste in the Home." It's free--just write to the U. S. Department of Agriculture. Washington 25, D. C. The name of the leaflet, again, is "Fight Food Waste in the Home."

so library blow and filly , es

per un pluste te appetie formante entre les mittel en Pedersons entre la paleira est. erede gal secentario y di sheet alva plosti il si si selampe i silva a efore a dre popi un comi subinatere cet e decentro e cità in culto con un di modition interpretary consists on 1990 self-of-out on Speciment 222 consists on a transfer of a transfer of a transfer of the consists of a transfer of the consists of a transfer of the consists of the cons writes are decomposed of expelling participants for the following with people of I rough them to be to be to be the selection of the property of the selection of the select La sel trata, tra el setto de la comitación de la comitac

Burger of the Market of the Control And the seminates of the second secon conquest of a substitution of a contraction of the substitution of and an analysis of the second and demonstrate the surface of forces of the surface of the

の知识では、後のは、「まいでは、手がいか」というです。 でき (noiffing) - 1 (1) (1) (1) (1) (1) (1) (1) AND THE RESERVE OF THE COLORS WITH THE PERSON OF THE PROPERTY OF THE PROPERTY OF THE PERSON OF THE PERSON. restricted the restriction of the contract of the contract of the second of the second power of the second with the second

grande and property and a first of the first to the state of th The second of the first of the second of the The state of the s

The Control of the Co country must be a first or arther and her of after the code with the